



Flu Vaccination Clinics

The Coconino County Health Department is encouraging residents to make an appointment for a flu shot with their health care provider or at a Coconino County Health Department clinic.

The single best way to prevent the flu is to get vaccinated each fall. A major complication of the flu is pneumonia. Pneumonia vaccinations are also strongly encouraged for people over age 65 or who have chronic illnesses.

**To make an appointment for a flu shot,
please call the Coconino County Health Department at
928-522-7814 or toll free at 1-877-522-7800.**

The cost for a flu shot is \$20.

Pneumonia vaccinations will be available for a cost of \$30.

The Coconino County Health Department accepts AHCCCS, Blue Cross Blue Shield of Arizona and Medicare. You **must** present your AHCCCS, Blue Cross Blue Shield of Arizona, or Medicare ID card in order for your flu shot to be covered by your insurance at no out of pocket expense. No one will be denied service due to inability to pay.

Clinics are scheduled on the following dates:

Flagstaff:

October 16	8:00 am – 4:00 pm, Coconino County Health and Community Services building, 2625 N. King Street
October 18	2:30 pm – 5:30 pm, Marshall Elementary School, 850 N. Bonito Street
October 20	8:00 am – 4:00 pm, Coconino County Health and Community Services building, 2625 N. King Street
October 23	2:30 pm – 5:30 pm, Kinsey Elementary School, 1601 S. Lone Tree Road
October 25	2:30 pm – 5:30 pm, Puente de Hozho Elementary School, 3401 N. 4 th Street
October 30	8:00 am – 4:00 pm, Coconino County Health and Community Services building, 2625 N. King Street
November 6	2:30 pm – 5:30 pm, Killip Elementary School, 2300 E. 6 th Ave.

November 7	6:00 am – 6:00 pm, Coconino County Health and Community Services building, 2625 N. King Street Election Day
November 8	2:30 pm – 5:30 pm, Christensen Elementary School, 400 N. Cummings Street
November 9	2:30 pm – 5:30 pm, Cromer Elementary School, 7150 Koch Field Road
November 14	2:30 pm – 5:30 pm, South Beaver Elementary School, 506 S. Beaver Street

Williams:

October 24	2:00 pm – 5:00 pm, Williams Elementary/Middle School 601 N. 7 th Street
November 18	9:00 am – 12:00 pm, Williams Elementary/Middle School, 601 N. 7 th Street

Sedona:

October 19	9:00 am – 4:00 pm. Adult Community Center, 2645 Melody Lane
November 2	9:00 am – 4:00 pm, West Sedona Elementary School, 570 Posse Ground Road

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November 9	9:00 am – 12:00 pm Coconino County Health Department Page office, 467 Vista Ave
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Blue Ridge

October 26	11:00 am – 2:00 pm, location to be announced
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Grand Canyon

November 21	Time to be announced, Xanterra, 2 Mohave
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In general, anyone who wants to reduce their chances of getting the flu should get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

People who should get vaccinated each year are:

People at high risk for complications from the flu, including:

- Children aged 6–59 months,
- Pregnant women,
- People 50 years of age and older, and
- People of any age with certain chronic medical conditions;

- People who live in nursing homes and other long term care facilities.

People who live with or care for those at high risk for complications from flu, including:

- Household contacts of persons at high risk for complications from the flu (see above)
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)
- Healthcare workers.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

The Centers for Disease Control (CDC) now recommends routine flu vaccinations for children 6 months to up to 5 years old. This makes the flu shot a priority for all children in this age range – not just those at highest risk for complications because they have conditions such as asthma or diabetes. Parents, siblings and caregivers should also be vaccinated.

The Coconino County Health Department Clinic will also offer flu shots at regularly scheduled clinics on Monday, Wednesday and Friday from 8:00 am to 11:30 am and 1:00 pm to 4:00 pm at the Coconino County Health and Community Services Building, 2625 N. King Street.

Up to 80 percent of all deaths from influenza can be prevented with a flu shot, according to the CDC. The Coconino County Health Department strongly recommends the flu vaccination. Even if a vaccinated person still catches the flu, the vaccine generally makes the illness much less severe and can prevent lower respiratory tract involvement or other complications.

In addition to getting a flu shot, good health habits will help you stay well. These simple actions can stop the spread of germs and help protect you and others from getting sick:

- **Wash your hands frequently during the flu season.**
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with people who are sick.**
- **Cover your mouth with a tissue when coughing or sneezing.**
- **Stay home when you are sick.**

For more information, call the Coconino County Health Department at 928-522-7814 or toll-free 1-877-522-7800.